

Week 1 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #1:

FRESH VEGETABLES

asparagus spears
bell peppers, any color
broccoli
carrots, regular and baby
celery
green beans
lettuce or mixed greens
mushrooms, Portobello
onions. Green
onions, yellow
onions, pearl

FRESH FRUITS

apples
bananas
berries

CARBOHYDRATES

bread, whole-grain
muffin, small, any flavor
pita bread, whole-grain

PROTEIN & DAIRY

beef stew meat
chicken breast, boneless, no skin
halibut or other fish
pork tenderloin
shrimp or other fish
turkey, smoked, sliced
old Wisconsin turkey sticks

FATS

avocado

GENERAL GROCERIES

applesauce
cranberry sauce
mandarin orange sections
orange juice
pineapple, crushed

peas
shallots, large
spinach leaves, baby
tomatoes
tomatoes, cherry
tomatoes, plum
favorite or seasonal veggies

FRESH HERBS:

fennel
parsley
thyme

cantaloupe
oranges
favorite or seasonal fruits

potatoes, baking
potatoes, red-skinned
roll, whole-grain

cheese, cheddar, low-fat
cheese, mozzarella, low-fat
cheese, parmesan
cheese, low-fat sticks
eggs
milk. Skim
vanilla yogurt, low-fat, low-calorie

vegetable dip, reduced-calorie

pizza crust, 12-inch
spaghetti sauce, meatless
tuna, water-packed, canned
water chestnuts

Week 2 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #2:

FRESH VEGETABLES

asparagus spears
Bean sprouts
bell peppers, any color
broccoli
cabbage
carrots
celery
cucumbers
eggplant
lettuce or mixed greens
onions. green

FRESH FRUITS

apples
bananas
berries
grapefruit

CARBOHYDRATES

bagels, whole-grain
bread, sourdough
bread, whole-grain

PROTEIN & DAIRY

Beef, lean
chicken breast, boneless, no skin
chicken breast, sliced
ham, lean, sliced
orange roughy or other fish
pork roast, lean

FATS

vegetable dip, reduced-calorie

GENERAL GROCERIES

Black beans, canned
Diced tomatoes, canned
Kidney beans, canned
Mandarin oranges
Marinara sauce
Pineapple chunks, unsweetened

onions, red and yellow
spinach leaves, baby
tomatoes
tomatoes, cherry
favorite or seasonal veggies

FRESH HERBS:

basil
garlic
ginger
mint

grapes
limes
orange
favorite or seasonal fruits

bun, whole-grain
English muffins, whole-grain
sweet potatoes

tuna or other fish fillet
turkey, smoked, sliced
cheese, Gouda, low-fat
cheese, mozzarella, part-skim
milk, skim

pretzel sticks
Ramen noodles
tofu
tuna, water-packed
vegetable juice

Week 3 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #3:

FRESH VEGETABLES

bell peppers, red and green
broccoli
carrots, regular and baby
celery
cucumbers
green beans
lettuce (romaine) or mixed greens
mushrooms
onions, pearl
onions, red
onions, yellow

FRESH FRUITS

apples
bananas
berries
Cantaloupe
grapefruit

CARBOHYDRATES

bread, whole-grain and sourdough
breadstick, baked
bulgar wheat
English muffins, whole-grain

PROTEIN & DAIRY

chicken breast, boneless, skinless
cod or other fish fillet
flank steak
ground beef, extra-lean
salmon or other fish fillet
turkey, smoked, sliced
turkey breast, boneless, skinless

FATS

cream cheese, fat-free
olives
sour cream, low-fat

GENERAL GROCERIES

artichoke hearts, frozen
garbanzo beans, canned
lentil soup, canned
orange juice

peas
summer squash
tomatoes, regular and cherry
zucchini
favorite or seasonal veggies

FRESH HERBS:

basil
dill
garlic
parsley, flat-leaf (Italian)

grapes
lemons
pears
favorite or seasonal fruits

hamburger buns, whole-grain
pita bread, whole-grain
potatoes, baby, red-skinned

cheese, Gouda, low-fat
egg
egg substitute
milk, skim
soy milk, plain
yogurt, frozen, fat-free
yogurt, reduced-calorie, fat-free

vegetable dip, reduced-calorie
whipped topping, nondairy

salsa
smokey BBQ sauce
tomatoes, diced, canned
tuna, water-packed, canned

Week 4 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #4:

FRESH VEGETABLES

bell peppers, green
broccoli
celery
cucumbers
green beans
green peas
jalapeno pepper
lettuce or mixed greens
onions, green, red and yellow
spinach, raw

summer squash
tomatoes
tomatoes, cherry
zucchini
favorite or seasonal veggies

FRESH HERBS:

cilantro
garlic
parsley
thyme

FRESH FRUITS

apples
bananas
berries
cantaloupe
grapefruit

grapes
lemons
pears
favorite or seasonal fruits

CARBOHYDRATES

bagels, whole-grain
bread, whole-grain
pita bread, whole-grain

potatoes, baby, red-skinned
potatoes, baking
roll, whole-grain

PROTEIN & DAIRY

chicken breast, boneless, skinless
egg
egg substitute
flank steak
pork roast, lean

roast beef, lean, sliced
trout or other fish fillet
turkey, smoked, shredded
milk, skim
yogurt, fat-free, reduced-calorie

FATS

avocado
cream cheese, fat-free

sour cream, low-fat
whipped topping, nondairy

GENERAL GROCERIES

corn, frozen
green peas, frozen
mandarin oranges
orange juice
pickles
pinto beans or black beans

popcorn, low-fat, microwave
salsa
soup, vegetable
tuna, water-packed
water chestnuts

Week 5 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #5:

FRESH VEGETABLES

asparagus spears
bell peppers
broccoli
carrots
carrots, baby
cauliflower
cucumbers
green beans
lettuce or mixed greens
mushrooms

FRESH FRUITS

apples
bananas
blueberries

CARBOHYDRATES

bagels, whole-grain
bread, whole-grain
hamburger buns, whole-grain

PROTEIN & DAIRY

chicken breast, boneless, skinless
chicken legs
chicken thighs, skinless
ground beef, extra-lean
ham, lean, sliced
round steak
sea scallops

FATS

olives, kalamata
sour cream, low-fat

GENERAL GROCERIES

anchovy paste
cranberry sauce
lemon juice
lemon zest

onions, green
onions, pearl, red and yellow
pepperoncini peppers
shallots
tomatoes, regular and cherry
favorite or seasonal vegetables

FRESH HERBS:

chives
garlic
thyme

grapefruit
pears
favorite or seasonal fruits

muffin, small, any flavor
potatoes, Yukon gold, baking
potatoes, red-skinned, baby

shrimp, large or other fish fillet
turkey, smoked, sliced
cheese, feta, crumbled
cheese, Parmesan, grated
cottage cheese, low-fat
milk, skim
yogurt, fat-free, reduced-calorie

vegetable dip, reduced-calorie

mandarin orange sections
pineapple rings
tofu, silken or soft

Week 6 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #6:

FRESH VEGETABLES

asparagus spears
bell peppers, green
broccoli
brussels sprouts
carrots
cucumbers
green beans
lettuce or mixed greens
mushrooms
onions, green, red, and yellow

FRESH FRUITS

apples
bananas
grapefruit
grapes
lemons

CARBOHYDRATES

bagels, whole-grain
bread, whole-grain
buns, whole-grain

PROTEIN & DAIRY

chicken breast, boneless, skinless
New York strip steak
orange roughy or other fish fillet
pork tenderloin
salmon or other fish fillet
turkey

FATS

avocado

GENERAL GROCERIES

allspice
garbanzos, canned
pineapple, crushed
pizza, cheese, thin-crust
popcorn, low-fat, microwave

shallots
tomatoes, medium
tomatoes, cherry
zucchini
favorite or seasonal vegetables

FRESH HERBS:

garlic
parsley

oranges
pears
strawberries
favorite or seasonal fruits

English muffins, whole-grain
pita bread, whole-grain
potatoes, baking

cheese, mozzarella, low-fat
cheese, parmesan
eggs
milk, skim
yogurt, frozen, fat-free
yogurt, reduced-calorie, fat-free

vegetable dip, reduced-calorie

spaghetti sauce, meatless
soup, chicken noodle, canned
soup, tomato, canned
tuna, water-packed, canned

Week 7 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #7:

FRESH VEGETABLES

alfalfa sprouts
asparagus spears
bell peppers, green, red and yellow
cabbage
carrots, regular and baby
celery
cucumbers
green beans
green peas, fresh or frozen
jalapeno pepper
lettuce, romaine
mushrooms

FRESH FRUITS

apples
berries
cherries
grapes

CARBOHYDRATES

bagels, whole-grain
bread, sourdough
bread, whole-grain

PROTEIN & DAIRY

Chicken breast, boneless, skinless
egg
egg substitute
flank steak, lean
halibut or other fish fillet
perch or other fish fillet

FATS

cream cheese, fat-free
olives, large

GENERAL GROCERIES

angel food cake mix
black beans, canned
coleslaw dressing
garbanzos, canned
kidney beans, canned
lentil soup, canned

onions, red and yellow
squash, yellow
tomatillo
tomatoes, regular and cherry
zucchini
favorite or seasonal vegetables

FRESH HERBS:

basil
dill
garlic
ginger
parsley, flat-leaf (Italian)

lemons
oranges
pears
favorite or seasonal fruits

English muffins, whole-grain
pita bread, whole-grain

pork. Lean
turkey, smoked, sliced
cheese, Colby, low-fat
cheese, Gouda, low-fat
milk, skim
yogurt, reduced-calorie, fat-free

walnuts
whipped topping, nondairy

orange juice
pineapple rings, canned
salsa
tofu
tomatoes, diced, canned

Week 8 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #8:

FRESH VEGETABLES

bell peppers, green
broccoli
celery
cucumbers
endive leaves, curly
green beans
jalapeno pepper
lettuce or mixed greens
mushrooms
onions, yellow and red

squash, summer
tomatoes, plum
tomatoes, regular
zucchini
favorite or seasonal vegetables

FRESH HERBS:

basil
cilantro or coriander
garlic
mint leaves

FRESH FRUITS

apples, red and Granny Smith
bananas
cantaloupe
grapefruit, ruby red

lemons
oranges, navel
watermelon
favorite or seasonal fruits

CARBOHYDRATES

bread, whole-grain
pita bread, whole-grain

potatoes, baking

PROTEIN & DAIRY

chicken breast, boneless, skinless
chicken breast, precooked
egg
egg, substitute
flank steak
sole or other fish fillet
tuna or other fish fillet

turkey breast, boneless, skinless
turkey breast, precooked
cheese, cheddar, low-fat
cheese, mozzarella, low-fat
milk, skim
yogurt, reduced-calorie, fat-free

FATS

avocado
olives

sour cream, fat-free
walnut oil

GENERAL GROCERIES

beets, canned
corn, canned and frozen
cranberries, dried
orange juice
pineapple, canned
pinto or black beans, canned

pizza crust, 12-inch
potatoes, canned
salsa, smoky
tuna, water-packed
vegetable soup, canned

Week 9 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #9:

FRESH VEGETABLES

asparagus spears
bell peppers, green and red
carrots, regular and baby
cauliflower
celery
cucumbers
green beans
lettuce, red and green leaf
onions, yellow and red
peppers, pepperoncini
scallions

FRESH FRUITS

bananas
blueberries
grapefruit
grapes

CARBOHYDRATES

Bagels, whole-grain
bread, whole-grain
buns, whole-grain
Couscous, whole-wheat

PROTEIN & DAIRY

chicken breast, boneless, skinless
flank steak
halibut or other fish fillet
Pork tenderloin
Shrimp
Turkey, smoked, sliced

FATS

avocado
cream cheese, fat-free
olives, kalamata

GENERAL GROCERIES

Coca powder, unsweetened
Cranberry sauce
Curry powder
Pancake mix
Pineapple, crushed, canned

squash, summer
tomatoes, red and yellow
zucchini
favorite or seasonal vegetables

FRESH HERBS:

basil
cilantro
garlic
ginger or ginger root
parsley, flat-leaf (Italian)
Thyme

oranges
peaches
strawberries
favorite or seasonal fruits

graham crackers
potatoes, baby, red-skinned
rolls, whole-grain
wheat bran, 100%, unprocessed

cheese, cheddar, low-fat
cheese, feta, crumbled
cheese, Parmesan, shredded
eggs
milk, skim
yogurt, reduced-calorie, fat-free
yogurt, reduced-calorie, fat-free,
vanilla

sour cream, fat-free
vegetable dip, reduced-calorie

pretzel sticks
stir-fry sauce
teriyaki sauce
vanilla
vegetable soup, canned

Week 10 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #10:

FRESH VEGETABLES

asparagus spears
beets, red and yellow, baby
bell peppers, green and red
broccoli, fresh and frozen
carrots, baby
cauliflower
corn on the cob, fresh or frozen
cucumbers
green peas, fresh or frozen
lettuce or mixed greens

FRESH FRUITS

apple
bananas
berries
grapefruit

CARBOHYDRATES

bagels, whole-grain
bread, whole-grain
breadstick, large
bulgar wheat
buns, whole-grain

PROTEIN & DAIRY

chicken breast, boneless, skinless
flank steak, lean
ham, lean
pork, lean
tuna or other fish fillet
turkey
cheese, American, reduced-fat

FATS

butter
Sour cream, fat-free

GENERAL GROCERIES

imitation seafood, frozen
lemon juice
marinara sauce

mushrooms
onions, yellow and red
spinach leaves
tomatoes, regular and cherry
zucchini

FRESH HERBS:

dill
garlic
parsley, flat-leaf (Italian)

honeydew melon
pear
pineapple
favorite or seasonal fruit

English muffin, whole-grain
muffins, small, any flavor
potatoes, baking
sweet potatoes

cheese, cheddar, low-fat
cheese, mozzarella, part-skim
cheese, Swiss
cottage cheese, low-fat
milk, skim
yogurt, reduced-calorie, fat-free
yogurt, frozen, fat-free,

vegetable dip, reduced-calorie
whipped topping, nondairy

orange juice
orzo pasta

Week 11 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #11:

FRESH VEGETABLES

asparagus spears
bell peppers, green, yellow and red
carrots, baby
celery
cucumbers
green peas, fresh or frozen
lettuce or mixed greens
mushrooms
onions, pearl and sweet
shallots
snow peas
squash, summer

FRESH FRUITS

bananas
berries
grapefruit
grapes
lemons

CARBOHYDRATES

bread, sourdough
bread, whole-grain
pita bread, whole-grain

PROTEIN & DAIRY

beef, lean
chicken, boneless, skinless
egg
egg substitute
flank steak
pork tenderloin, trimmed
roast beef, lean

FATS

olives, black
pecans

GENERAL GROCERIES

applesauce
artichoke hearts
beets, canned
fish stock, or bottled clam broth
garbanzos, canned
parchment paper

tomatoes, regular and cherry
favorite or seasonal vegetables

FRESH HERBS:

basil
chervil
dill
garlic
ginger root
parsley
rosemary
tarragon

limes
oranges
pears
strawberries
favorite or seasonal fruit

rolls, onion
potatoes, baking

salmon or other fish fillet
turkey, breast
turkey, smoked, sliced
cheese, cheddar, low-fat
cheese, Gouda, low-fat
milk, skim and soy
yogurt, reduced-calorie, fat-free

sour cream, fat-free

pickles
pineapple chunks, canned
potatoes, baby, canned
tuna, water-packed, canned
vegetable juice, canned

Week 12 Goal:

Personal Information:

Weight:

Weight loss goal:



GROCERY STORE LIST WEEK #12:

FRESH VEGETABLES

bell peppers, yellow and red
broccoli
carrots, regular and baby
cucumbers
eggplant
lettuce or mixed greens
mushrooms
onions, pearl and sweet
Spinach leaves

summer squash, yellow
tomatoes, regular and cherry
zucchini
favorite or seasonal vegetables

FRESH HERBS:

basil
garlic
ginger
mint

FRESH FRUITS

apples
bananas
blueberries
grapefruit
honeydew melon

kiwi fruit
oranges
pears
favorite or seasonal fruit

CARBOHYDRATES

bread, whole-grain
buns, whole-grain

pita bread, whole-grain

PROTEIN & DAIRY

chicken, boneless, skinless
ground beef, extra lean
egg
egg substitute
orange roughy or other fish fillet
shrimp or other fish fillet
ham, lean, sliced

roast beef, lean, sliced
turkey, sliced or shredded
cheese, Parmesan
cottage cheese, low-fat
milk, skim
soy milk, low-fat, vanilla
yogurt, reduced-calorie, fat-free

FATS

avocado
pecans

vegetable dip, reduced-calorie
whipped topping, nondairy

GENERAL GROCERIES

Cajun spices
Cheese pizza, thin-crust, frozen
Corn, canned or frozen
Pineapple rings, canned
Popcorn, microwave, low-fat

salsa
spaghetti sauce, meatless
tomato soup, canned
tuna, water-packed, canned